



# Tarawa Times

1ST QUARTER 2012

2D MARINE REGIMENT

## Commander's Message

Happy New Year Family and Friends of 2nd Marine Regiment,

As we turn the page on a new year, first and foremost, thank you for the support and dedication that you provide to your loved one here in 2nd



Marines. It is important to our mission and much appreciated.

Know your Marines and Sailors are doing an incredible job as we provide support to not just one regiment of Marines/Sailors but two. We are currently supporting eight separate infantry battalions from across 2nd Marine

Division when during peace time, a Regimental Headquarters traditionally supports only four. We are busy and all continue to do a superb job.

The beginning of 2012 brings us to the kick-off of *Bold Alligator*. This will be the largest amphibious exercise conducted by the Navy and Marine Corps in over ten years. It is a joint, multi-national, naval endeavor requiring the full attention of our newly formed Regimental Landing Team (RLT) which has been built around our Regimental Headquarters Company. *Bold Alligator* will provide an opportunity to combine our current capabilities in new ways to address the challenges we will likely face as a Navy/Marine Corps team in the years ahead. We are excited to execute this mission and look forward to the challenges that an exercise of this magnitude brings.

Our RLT Headquarters has worked hard as the lead on this exercise while 3/2 and 2/8 have been doing the same as they prepare to execute missions as the primary maneuver battalions throughout *Bold Alligator*. Meanwhile, the other battalions that our Headquarters supports both here at home and in the fight abroad, continue to do great things. 2/6 is now firmly on the ground and at work

in Afghanistan while 3/8 just recently completed training at Ft Pickett with their attention quickly turning to Enhanced Mojave Viper (EMV) in Twenty-Nine Palms, CA. 3/9 continues to build their new team as they look to head out to Ft Bragg for follow-on pre-deployment training. Battalion Landing Team 1/2 is now in the final stages of their preparations with the 24th MEU and will be executing a critical certification process which will be conducted during the execution of *Bold Alligator*. And last but certainly not least, 2/2 and 1/6 are soon to be welcomed home with 2/2 completing an extended 10 month deployment with the 22nd MEU and 1/6 coming off of yet another historic deployment to Afghanistan.

In closing, I would like to extend a special thanks to our Family Readiness Assistants/Volunteers who are committed to our unit and have been steadfastly and very selflessly giving of their time and energy to support and help our team in getting ready and more importantly - *staying ready*. The days of only being ready when it is your "scheduled time" to deploy is over. The United States Marines Corps is expected to be our country's *Premier Force in Readiness* - ready to fight today's fight with today's forces - *today!* The Nation expects its Corps of Marines to be the most ready when in all likelihood, others will be the least ready. This expectation and requirement of our Marines and Sailors is nothing new. It is the fundamental capability that we have always provided our country and have demonstrated as much in support of recent operational contingencies in Libya, Haiti, and Japan. Whether executing full-on combat missions or providing humanitarian/disaster relief, we remain a flexible expeditionary force, capable of coming from the sea in any "clime or place," ready to do our Nation's bidding as only Marines can.

*Semper Fidelis,*

W.M. Journey  
Colonel, U.S. Marine Corps

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# Sergeant Major's Remarks

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Hello Family and Friends of  
Tarawa  
Regiment,

I trust that everyone enjoyed their Christmas and New Year's holiday period. It is a time of year that I personally enjoy. My wife and I traveled the "triangle of death," the

road trip from North Carolina-Georgia- Missouri- North Carolina. It is over 1800 miles but it was well worth the pain and discomfort. We were able to see most of our family and spend some quality time together; doing nothing in particular but spending time together. That has been the beauty of Christmas for us for as long as I can remember. I hope that the friends and families of Second Marine Regiment had the opportunity to enjoy themselves as well. I would ask for all to take a moment and think about the Marines, Sailors, and family members that were not able to spend time with loved ones, particularly those that are deployed.

The Regiment is busy preparing for Exercise Bold Alligator, which will be the largest amphibious exercise that the Marine Corps and Navy have executed in over ten years. Second Marine Regiment will be designated as Regimental Landing Team (RLT). This exercise is designed to strengthen the Marine Corps' amphibious roots, which have waned in the last decade because of operations in Iraq and Afghanistan. It will encompass over 20,000 Marines, Sailors and forces from Canada, Britain, France and other allied nations. Many of your Marines will experience ship life for the first time when our RLT embarks aboard the USS Kearsarge in Norfolk, Virginia later this month. Other Marines will be embarking at Onslow Beach here at Camp Lejeune on Landing Craft Air Cushion (LCAC). Preparations have been ongoing for several months and much hard work has been accomplished. Many of our Marines and Sailors (yes Sailors too) have never been aboard ship and the excitement is evident. This is a great opportunity!

Folks, it has come time for me to move on. I have been a member of Second Marines for a little over two years; it seems

more like two months. On 23 February, Sergeant Major Paul Archie and I will conduct a Post and Relief of the Office of the SgtMaj. Paul Archie has a proven track record and will bring significant experiences that will benefit the Marines of the Regiment. Paul's family is eager to join the team and I would ask everyone to welcome them as heartily as you did for Kay and me.

Often we think that we have reached the pinnacle in our careers and our best was behind us. I thought that when I arrived here, but quickly learned that it was just the beginning of the most personally rewarding tour that I have ever experienced in 27 years of service. I have been very fortunate to serve the Marines of Second Marine Regiment in combat and garrison. I have had the opportunity to share experiences here that many Marines only dream about. The members of Second Marine Regiment give me inspiration daily through their selfless service and endurance. I want to personally thank everyone for their contributions in making Second Marine Regiment the best regiment in the Marine Corps.

I have served with two exceptional Regimental Commanders that have taught me the true meaning of subservient leadership. Both have established a command climate of putting our people first. The regiment takes pride in investing time, effort and resources to make everyone better as Marines and individuals. I am grateful to belong to an organization that recognizes our greatest asset-people. I believe that Second Marine Regiment will continue to be successful because the atmosphere encourages initiative, leadership, and teamwork.

Finally, I want to thank the wives, families, and friends. Your loyalty and dedication are the heart and soul of the Second Marine Regiment.

*"Keep Moving"*

SgtMaj George Young

## Promotions

**1st Sgt Jesse Becker**  
**Cpl Phillip Berger**  
**Cpl Shawn Bernhardt**  
**LCpl Michael Buhmeyer**  
**Cpl Christophe Burkhart**  
**LCpl Juan Gardea**  
**Capt Arthur Hopkins IV**  
**Capt Nathaniel Jensen**  
**Cpl Kevin Karbon**  
**Sgt Andrew Kolczynski**  
**LCpl Blaine Koons**  
**Sgt Dustin Latour**  
**Cpl Eric Marionneaux**  
**LCpl Travis McAvoy II**  
**LCpl Dakota Murphy**  
**Cpl Michael Oneill**  
**Cpl Areon Redshirt**  
**Cpl Abel Valdes**  
**LCpl Sean Young**

# Chaplain's Compass

Happy New Year!

The turning of a new year usually leads folks to think about last year's successes and failures and what they desire to accomplish or do differently in the new year. Because the typical life of a Marine, Sailor, or their family members involves so much change on an annual basis it's a bit harder for us to think about things like this. We may not think so much in terms of success or failure, but were we still standing after a fire fight or did we end up with most of our stuff in tact after the move?

To say that we live in a fast paced world is a great understatement – unfortunately sometimes it's a pace of our own making precisely so we don't have to slow down and think about the tough things – the things that really matter. While our American culture would deny it – everything isn't resolved in the manner of a 30 minute TV show and everything can't be explained in a 3 minute sound bite. A mental diet consisting of only the latest entertainment and fashion news, the

breaking new music and latest iPhone is not going to be what's needed for us to build a successful future.

By God's grace, great years are made, not stumbled upon by chance. I encourage you to "make a great year" and I'd like to help you with that. Instead of snatching defeat from the jaws of victory, when we work in God's direction we'll find the best way.

With this in mind, I am offering my next Book Discussion will be on the book, "Don't Waste Your Life" – 1115-1215, 7 Mar. The idea behind these is that you come by and get the book a few weeks before the discussion, you make your best effort to read the book and then we have lunch and talk about it. This particular book is a great help designed to prevent us from missing the big flick in life.

Make a great year!

Chaps

## CREDO: Marriage Enrichment Retreats

February 2-4

February 10-12

March 2-4

March 23-25

March 30– April 1

April 20-22

For more information or to reserve your free weekend get-away, call 910-450-1668.



7 February: LINKS for Spouses

7 February: Building Lasting Relationships

11 February: LINKS for Spouses

13 February: Making Children Mind Without Losing Yours

14 February: Social Networking Safety

16-17 February: Before I Do (marriage workshop)

22-23 February: LINKS for Spouses I & II

23-24 February: Marriage Enrichment Using the PREP Approach

27 February: 4 Lenses

28 February: Social Networking Safety

## Beyond the Brief 2012

**1 Feb: Separation– The Stress, The Anxiety, The Fear**

**8 Feb: Safe and Sound at Home**

**15 Feb: Understanding the Money**

**22 Feb: Casualty Assistance— The Process**

**29 Feb: Effects of Combat Operational Stress on Marines & Families**

**7 March: Mastering the Juggling Act– Quick & Easy Stress-Relieving Ideas**

Beyond the Brief Workshops provide participants the opportunity to gain a deeper insight to those issues that most concern families before, during, and after deployment. Attend any or all sessions. Attend with a friend in support of each other. Free childcare is available for attending the workshops. You MUST contact the Brewster CDC to register, 910-450-8467.

For more information call 910-451-0176.

# What are your goals for 2012?

Goals are like the word laundry, house work or budget – they are not exciting words! Let's not make resolutions but goals going into 2012 and make the word "goal" a happy and exciting word. I made a list of goals for 2012 and put them away, proud of the progress I had made. Weeks later, I had forgotten what I wanted to do and was confused on how I was going to accomplish them.

The first step to accomplishing anything is to make goals. If you want to lose weight, for example, in 2012 but never make acknowledgement of the goal, make plans or action steps for that goal....by the end of 2012 you will be disappointed that somehow that goal never got accomplished. Instead of deciding not to make goals, let's make goals that are SMART and will stick!

Lets also take for example in 2012 you say you want to "volunteer". This being a pretty broad statement needs to be put into words you can follow up with actions. Make it **specific**. Where do you want to volunteer? What do you want to do? How often each week? Month? Or even day? How do you want to volunteer? Make it **measurable**. Going back to the example goal of "losing weight" measure this by amount – but to tag this with other SMART letters – make sure it is **attainable** and **realistic** as well. Making a goal of losing 100 pounds in one year is for the most part is not attainable or realistic. When you do not reach goals that makes it difficult to continue. Another goal for example: "I want to create a healthier lifestyle and exercise plan to lose 20 pounds in 2012" could have other sub notes: finding a gym, looking for ideas for food plans, talking to friends about ways to exercise. A goal can also look pretty big and scary without action plans to attach to. Saying you want to "volunteer 40 hours a week", is that realistic to your work schedule or schedule with family? Lastly, make it **timely**. I think the idea of "starting college" as a goal. When are you going to start school by, register by, study?

OK. So how do you stick to these new goals, right? Some ideas include keep-

ing it in a planner or notebook, something you look at daily or on the refrigerator or bathroom mirror. The point being you want to see, recognize, review and continue to work towards the goals. Last year every 27<sup>th</sup> of the month was "goal check" day for my husband and myself. About every 4 months, we checked the goals but made no progress or plan. A lot of those goals were not accomplished. Write your goals and make them SMART. Come up with action plans, ideas to get there. Review and challenge yourself to complete the goals you have set for yourself, you and your spouse and your family.

Example Goal:

In 2012, I want to volunteer in Onslow County and assist military families.

Step 1. I want to find an organization or organizations where I can volunteer around 20 hours a week around the kids school schedule.

Step 2. I am going to do research online the Camp Lejeune website, talk to friends and ask the Family Readiness Officer about opportunities that would meet my skills and availability. Furthermore, by the end of February, I want to have narrowed, found and be meeting with potential organizations, if that is the case.

Step 3. I want to take on a specific project that I manage with a volunteer organization by the end of 2012.

But more than anything, have fun!

All the best,

Lauren Welch

Family Readiness Assistant



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## FRO Chat

Greetings Fans,

Happy New Year! I feel like I've been waiting forever to tell you that. Chaplain Joyner and Lauren have had plenty to say about New Year's resolutions and goals so I'll just leave you with a message of good luck and stay focused. Yes, I too am reciting the same mantra as this year I've decided to pursue my artistic ability by enrolling in a photography class. Let's just hope I'm not limited to the comparable stick figure and party hat.

Changes in our communication methods are once again on the horizon. This year the Marine Corps introduced a new tool in family readiness called eMarine. It's essentially a closed circuit website for authorized friends and family to receive official information about unit happenings, community events, and resources available to support Marines, sailors, and their families. Additionally we'll be able to poll participants, use online forums, and many other details that are certain to increase your awareness and readiness.

Our eMarine page was launched this week and we look forward to your feedback, to include recommendations for improvements. This is your tool and we want to create a one-stop-shop for any assistance needed during your time spent with the Tarawa Family.

To access the system your Marine or sailor will first have to register on the site and enroll his authorized participants. Authorized participants will then register to the site specific to 2d Marine Regiment. Please be patient as registration may be initially slow; service members are not expected to have access to the system for registration until after Bold Alligator. In the meantime, please begin to familiarize yourself with homepage and what it has to offer. ([www.emarine.org](http://www.emarine.org)) More to come...

Switching gears, in February, Marine Corps Family Team Building will begin the first of three annual sessions of the "Beyond the Brief"

series. We often speak about family readiness being an all-the-time theme, not just a deployment theme and in that interest, I encourage you to attend any or all of these workshops.

Each Wednesday night, 1830-2030, for 6 weeks their team covers a different topic related to military issues before, during, and after deployment. Each session is free and childcare is available for participants that register. Coming along with a friend who's spouse is deployed is great way to show your support also.

Lastly, thanks to all of you who participated in this month's spouses social. A great time was had by all and we look forward to doing it again. A special thanks to the one who posted our exceptional bowling talent online. ;) Please stay tuned for information on our upcoming marriage workshop for couples in March and the annual Eggstravaganza egg hunt on 31 March, 1300-1600.

Stay strong and know that we appreciate all that you do. Again, happy new year. May it bring you good health, prosperity, and memories of a life time.

Kindest regards,

Kimberly

Family Readiness Officer



**Thanks to all of those that helped make our annual holiday party a success!**

# Money Matters

By: Lauren Welch

When asked to write about easy ways to save money I thought, this could easily be one of my favorite articles to present. I am the person who has dreams of counting discounts, cutting coupons and the next big deal... Regardless, check out this list of 5 easy and fast ways to start saving money.

1. Coupons and Discounts. I highly believe that you should never pay full price for anything. Now, you do not have to be an extreme coupon Queen like the TV Show, but when you have a grocery list – look online or in your newspaper to get discounts on the items you already purchase. When it comes to diapers (amazon/mom), ink cartridges (123inkjets) or others – ebates.com, retailmenot.com or a simple search on the internet can pull up coupon codes or coupons to print pretty easily. With time, you can find coupons for pretty much anything you purchase online or out in town! Of course, if you have AAA, are a member of the military or another discount group – make sure you ask for discounts on everything.
2. Budget! Also called a “spending plan”, I know it might sound easy, but when every dollar has a name and you tell your money where to go – you have the ability to spend less and save more. Track your spending, check to see exactly where it is going for a few months. When you budget, see where you spend the most and cut down, some of the places where you spend the most might be best if put into envelopes and that budget amount pulled out in cash. When the cash is gone, no one money is spent on this item ie; gifts, clothing, eating out, entertainment, kids toys etc. This is the biggest, easiest and sometimes hardest way to save money! Saving more money each month allows you to save for emergencies, pay down bills and save for vacations etc.
3. Insurances – at least a year, look for better deals on all insurance premiums. See if you might want to switch to a better provider to save money or call your provider to what discounts they have. Difference insurance provides different opportunities to save money like maybe installing dead bolts, fire extinguishers or fire alarms would save money on homeowners or renters insurance. Check all of the services (cable, internet, cell phone) that you pay each month and see if

they are offering discounts for loyalty, 6 month deals etc.

4. Holidays and Birthdays! A royal pain to your budget, right? First, decide on how much you are going to spend in January for the following year, so when the holiday or birthday comes around the money is in the account and ready to be spent. Second, budget for less. Third, a good idea is one I picked up from a friend (who has 7 children!) is to get something they “want, need, wear, read” and that is it. You spend much less each holiday.
5. Monsters. Not the ones under your children’s bed, but the drinks. The large ugly can energy drinks that when they come from the vending machine, can cost you \$90 a month (2 a day during the work week), but if you purchase from the grocery store and bring it to work with you it is around \$30 dollars, a 66% savings. This is the same with specialty coffee and bringing your lunch to work vs. going out every day. The point is, make it at home, buy in bulk, reuse containers, reuse bags – it all makes a difference.



How about making some financial new year’s resolutions? Camp Lejeune has resources to help you with that.

The Navy Marine Corps Relief Society has many helpful programs. Those programs include no interest loans for emergency relief and budget counseling. Also, if you are pregnant or have children birth-5 years, the Budget for Baby class and the Well Baby Clinic would be tools that would be of assistance to you. Call 910-451-5346 for more information.

The Personal Financial Management Program can offer more detailed budget counseling, credit counseling and some fantastic classes on car buying, investing and taking control of your finances. You can check out detailed information at [www.mccslejeune.com/finance](http://www.mccslejeune.com/finance) or call the PFMP office at 910-451-2865

Take advantage of resources at your disposal to assist with your financial new year’s (and throughout the year) resolutions!

**Find us on Facebook!  
2d Marine Regiment**



**American  
Red Cross**  
1-877-272-7337



Important Contact Information

**2d Marine Regiment OOD: 910-451-0141**  
**Family Readiness Officer: 910-451-0223**  
**Chaplain Services: 910-451-5370**  
**Unit Hotline: 1-800-230-8762 Option 14**

**Mailing Address:**

**RANK, Name**  
**2d Marine Regiment (Section)**  
**PSC Box 20093**  
**Camp Lejeune, NC 28542-0093**



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